Healthy & Gluten Free
TAILGATING Recipes

Nutrition Tips & Recipes by Registered Dietitian Kelli Shallal of
www.hungryhobby.net
The thrill of a tie game with the clock ticking down as fast as your heart beating is one of the best thrills and experiences you can get on a weekly basis. Whether you love sports or not, getting together for sporting events is a mix of exhilaration and relaxation shared with friends and family.

One of the best parts about it? Tailgating food! However, since tailgating can happen weekly or more, it can be hard to balance treats. That is why I created this e-book, to give you delicious healthy recipes and tips!

Enjoy and may the best team win!
Top 10 Game Day Nutrition Tips

1. BRING SOMETHING HEALTHY.
Don’t worry about being the weird one, I always find that people eat all the veggies when I bring them. A veggie tray or fun salad will be more appreciated and disappear quicker than you think.

2. START WITH WATER.
Before eating or drinking anything commit to having one, or even two, glasses of water. It will help fill you up, and the extra hydration will fight a hangover (if you are drinking.)

3. FILL UP ON ALL THE VEGGIES
I always go for a hefty helping (at least two fistfuls of veggies) before I eat anything else. The volume, as well as the fiber from the veggies is super filling.

4. PICK THE RIGHT SIZE PLATE.
Most parities have tiny plates so you end up going back for seconds, thirds or tenths. Either use multiple trips to your advantage by starting with veggies, then protein, then a starch or just get one normal size plate and fill it only once.
Top 10 Game Day Nutrition Tips

5. PLATE EVERYTHING!

Do not grab from the chip bowl and eat directly from it. I repeat, DO NOT eat directly from the bag or bowl. The bigger the bowl the more you will end up eating. Make sure you plate everything!

6. PICK YOUR STARCH.

It’s easy to stack starch sources at a party and skip the protein. Try to pick 1-2 starchy dishes you want the most! Remember alcohol is a starch so ideally your balancing that choice with the rest of your meal.

7. PAY ATTENTION.

With so many distractions, like the game and friends, it’s easy to devour your plate and not even realize it. Before you know it your up getting more food. Try to pay attention and check in within yourself as you eat!
Top 10 Game Day Nutrition Tips

8. OUT OF SIGHT OUT OF MIND.
   Try not to position yourself in eye sight of the leftovers.

9. DON’T OBSESS OVER ONE DAY.
   When working with Hungry Hobby RD clients, I’m never worried about one holiday a month. I’m more worried about the days before and after the holiday, the break room eats, the things you do every day. This especially applies to big events like the Super Bowl, World Cup, etc....

10. HAVE FUN!
    Focus on the game and your friends, not the food. It’s ultimately about the experience and the fun!
Extra Spicy Guacamole

• 1/2 red onion
• 1 jalapeno
• 1 clove crushed garlic
• 1/2 bunch fresh cilantro
• juice of 1 lime
• ¼ teaspoon salt
• 1/2 teaspoon cayenne pepper
• 3 Haas avocados, pit and skin removed

Instructions:

1. Chop 1/2 of onion in four pieces and place in food processor. Cut stem off jalapeno and deseed (optional - if you leave the seeds in, it will be hotter) and add to food processor. Cut garlic into four pieces and add to food processor. Add cilantro, lime, salt and cayenne pepper. Pulse until everything is chopped into small pieces. Goal is a fine chop, don't over process or it will become minced. (You can also finely chop ingredients by hand.)

2. Combine mixture with avocados, mash everything together.

Healthy Tip:
The spicier the better! Research shows spicy foods boost metabolism and may aid the body in processing carbohydrates!
Buffalo Butternut Squash "Hummus"

Ingredients:
- 2lbs butternut squash, cubed
- 1T olive oil
- ¼ cup tahini
- ½ cup buffalo wing sauce

Instructions:
1. Preheat oven to 350F.
2. Toss butternut squash in olive oil and place on lined baking sheet.
3. Bake until fork tender, about 20 minutes. Remove from oven and let cool.
4. Place all ingredients in a food processor and blend until smooth.
5. Serve hot or cold.

Healthy Tip:
Serve this non traditional dip with healthier options like plantain chips, whole grain crackers, whole grain corn tortilla chips or root vegetable chips! Also makes a great spread for sandwiches and wraps!
Sriracha Hummus

Instructions:
1. Process all ingredients in a food processor until creamy and well mixed. Refrigerate for at least one hour before serving. Garnish with smoked paprika and more sriracha!

Great with veggies, chips or by the spoonful!

Healthy Tip: Added protein from the cottage cheese makes this dip ultra filling! Pairs nicely with cool crisp celery.

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Simple 4 Layer Bean Dip

- 1 can of refried pinto beans or 2 cups of homemade refried beans
- ¾ cup chunky salsa
- 1 container (5.3 ounces) of plain non-fat Greek yogurt (or ¾ cup)
- 1 avocado
- 1/2 cup shredded cheese (cheddar or Mexican blend)
- 1 green onion, sliced
- 1/4 cup chopped cilantro

Instructions:
Using a 8 inch pie dish or other similar sized dish, begin to layer the ingredients. Layer in the following order: beans, salsa, Greek yogurt, green onion.

Healthy Tip:
Use homemade refried beans (side dishes) or look for canned versions without hydrogenated oil or lard.
Peanut Butter Yogurt Dip

Option 1:
• 2 tbsp peanut butter powder
• 1 cup 2% plain Greek yogurt
• 6-8 vanilla stevia drops (or ½ teaspoon vanilla extract + 6-8 stevia drops)

Option 2:
• 2 tbsp natural creamy peanut butter
• 1 cup nonfat plain Greek yogurt
• 6-8 vanilla stevia drops (or ½ teaspoon vanilla extract + 6-8 stevia drops)

Option 3:
• 2 tablespoons natural creamy peanut butter
• 1 cup nonfat vanilla Greek yogurt

Instructions:
Combine all ingredients and enjoy!

Healthy Tip:
This recipe can be made multiple ways and is a delicious treat everyone will love to snack on especially with apples, celery and pretzels!

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EASY Turkey, Apple, & Goat Cheese Roll Ups

- 6 slices oven roasted turkey breast
- 3 ounces goat cheese (*plain or honey flavored)
- 12 thin slices of apple (1/2 small apple)
- 6 pretzels (GF if needed)

Instructions:
Spread 1 tablespoon goat cheese over half of each slice of turkey and place apple slices in the middle. Roll turkey meat into one roll and stick the pretzel down the middle (in between two apple slices) and serve!

Healthy Tip:
Minimize preservatives! Look for uncured natural deli meat with ingredients you recognize.

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Appendixes
Makes 6 Roll Ups

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Mini Corn Dog Bites

Appetizers & Finger Food
Makes 24 Bites

Instructions:
1. Preheat oven to 375F & grease a mini muffin tin.
2. Mix all ingredients, except hot dogs, in a large bowl.
3. Slice ½ inch hot dog pieces for flax version and 1 inch hot dog pieces for egg version.
4. Roll into 1 inch balls and then stick hot dog into the center, push down to the bottom.
5. Bake 10-15 minutes or until inserted tooth pick comes out clean and edges are slightly browned.

RECIPE TIPS:
✧ Hot dogs will “explode” if left to bake too long, if this happens you can always insert a new hot dog or just flip the hot dog piece over, they will still be delicious!
✧ Using eggs will results in a lighter, fluffier product. We think both versions are delicious!

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Polenta Pizza Bites

Makes 15-20 Bites

Instructions:
1. Shave mozzarella and cut pepperoni into strips. Preheat oven to BROIL.
2. Line a large pan with parchment paper, grease with cooking spray.
3. Cut polenta in 1/4 inch slices and place on pan lining spacing evenly apart.
4. Place in oven and broil for 3-4 minutes.
5. Flip each one over and layer on toppings: marinara, cheese, pepperoni strips, a dash of oregano and a dash of basil.
6. Broil again for 3-4 minutes until cheese is bubbly and starts to golden.
7. Let cool for a few minutes before serving, they will be extremely hot!

Recipe Tips:
✧ Cut polenta slowly to prevent it from breaking or crumbling.
✧ Be creative with your topping, possibilities are endless!

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Polenta Pizza Bites

- 18 ounce tube of pre cooked polenta
- 6 ounces of shaved or shredded mozzarella
- 6-12 slices of uncured nitrate free pepperoni
- ~1 cup of marinara sauce
- dried basil and oregano

Gluten Free
Artichoke Dip Stuffed Turkey Roll Ups

Appetizers & Finger Food
Makes 8-10 Bites

- 1lb turkey cutlets
- 8-10 tablespoons spinach artichoke dip

Instructions:
1. Lay saran wrap down on counter or cutting board. Place turkey cutlets on top of saran wrap and place a second layer of saran wrap on top.
2. Using a meat tenderizer, smash meat down to 1/4 inch thick. You want them thin enough to roll, but not so thin they will tear.
3. Spread 1T of dip across each cutlet and roll them up.
4. Grill cutlets until they reach internal temperature of 165F

RECIPE TIPS:
- If cutlets start to unroll, use a toothpick to hold them shut!

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Gluten Free
Taco Tuna Quinoa Sliders

Ingredients:
- 2 cups cooked quinoa
- 1 (5 ounce) can drained tuna
- 2 large eggs
- 2 laughing cow wedges (garlic and herb or Swiss)
- 1 tablespoon taco seasoning

Instructions:
1. Preheat oven to 350F
2. Combine all ingredients in large bowl, mix until well combined.
3. Oil/spray or use liner for your muffin tin
4. Divide mixture into 12 cakes and bake for 30 minutes
5. Let cool 10 minutes before removing from muffin tin.

Recipe Tips:
- Could sub canned chicken for this recipe!
- Serve with guacamole from dips section and salsa!

Appetizers & Finger Food
Makes 12 Sliders

Gluten Free
Baked Taquitos

Appetizers & Finger Food

Makes 12 Taquitos

- ½ medium onion
- 1 medium zucchini
- 1 tbsp avocado oil
- 1lb ground chicken
- 3 tbsp Chili Powder
- 1 teaspoon ground cumin
- ½ teaspoon salt
- 12-6 inch corn tortillas
- ¾ cup shredded pepper jack

Instructions:

1. Preheat oven to 425F. Shred and squeeze zucchini of excess moisture.
2. Mix zucchini, chicken, chili powder, onions, cumin and salt.
3. Heat oil in a large skillet over medium-high heat. Add mixture to pan and cook, stirring until the chicken is cooked through, estimated 8-10 minutes.
4. Spread tortillas out on a baking sheet in two overlapping rows. Bake until hot, about 2 minutes, transfer to a plate and cover.
5. Line the baking sheet with foil or parchment paper and coat with spray. Spread ¼ cup chicken mixture along the bottom third of a tortilla, sprinkle with 1 tbsp cheese and tightly roll into a cigar shape.
6. Place taquito seam-side down on the baking sheet. Repeat with the remaining tortillas. Generously coat the top and sides of taquitos with cooking spray.
7. Bake Until brown and crispy about 14 to 18 minutes.

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THIS RECIPE HAS A VIDEO! View it HERE!
Spicy Tuna Avocado Cakes

Appetizers & Finger Food

Makes 12 Cakes

Ingredients:
- 2 cans tuna in water (10 ounces total)
- 2.5 cups shredded carrots
- 1 medium avocado
- 3 green onions chopped
- 1 chopped jalapeno (deveined and deseeded)
- 1/3 cup hot salsa
- 2 eggs
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon red pepper flakes

Instructions:
1. Preheat oven to 350F. Grease 12 muffin tin.
2. Combine all ingredients in large bowl except eggs and mix until well combined. Add eggs and mix until just combined. Divide mixture among 12 muffin cups and flatten with spoon.
3. Bake for 30-35 minutes until toothpick comes out clean and muffin cups are golden brown.
4. Remove from muffin tin by turning upside down on cooling rack. Let cool 5 minutes then enjoy!

Mini Pizza Quinoa Bites

Appetizers & Finger Food

Makes 24 Bites

Ingredients:
- 1 cup uncooked quinoa
- 2 large eggs
- 1 tbsp minced garlic
- 1/2 cup egg whites
- 1/2 cup chopped fresh parsley
- 1 cup chopped onion
- 1/2 cup grated parmesan cheese
- 12 tbsp shredded mozzarella
- 1 tbsp Pizza Seasoning (1/4 tsp basil, 1/4 tsp oregano, 1/4 tsp parsley, 1/4 tsp marjoram)
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 cup chopped sun dried tomatoes

Instructions:
1. Cook quinoa according to package directions.
2. Grease a mini muffin tin and preheat oven to 350F.
3. Combine all ingredients except quinoa, eggs, and mozzarella in a large bowl.
4. Add quinoa and eggs to bowl, mix until just combined.
5. Divide mixture evenly in mini muffin tin and bake for 20-25 minutes, until tops are golden brown.
6. When they are done, pull them out of the oven and turn oven up to broil.
7. Top each muffin with a tiny bit of cheese (1/2 tablespoon) and place under broiler for 60 seconds. (Optional)
8. Serve immediately with pizza sauce or marinara.

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Buffalo Cheddar Quinoa Bites

- 1.5 cups cooked quinoa
- ¼ cup light sour cream
- ½ cup buffalo sauce
- 2 medium zucchini shredded sneezed dry
- 6 ounces (¾ cup) extra sharp cheddar cheese
- 1 egg
- 1 Tbsp garlic powder
- 2 roasted green onions

Instructions:
1. Pre-heat oven to 350F
2. Add 1.5 cups HOT quinoa to the mix (right after you finish cooking it so cheese will melt) and combine well. Add in 1 egg and mix till just combined.
3. Divide mix among 24 mini cups in a baking tin
4. Bake for 30-35 minutes until set.
5. Let cool 10-15 minutes then serve!

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Easy Homemade Refried Beans

- 1 to 2 pounds of pinto beans
- 4-5 garlic cloves
- 2-3 tbsp of salt per pound of beans
- 1 tbsp red chili powder
- Add enough water to cover twice the level of the beans

**Instructions:**
1. Clean the beans by removing any rocks & undesirable beans.
2. In a large pot, pour the clean beans and fill the pot with water twice the level of the beans.
3. Soak the beans overnight or for at least 4 hours. The beans should look hydrated (plump) Drain the water and rinse the beans well. (This step helps make them easier to digest!)
4. Fill the pot with clean water twice the level of the beans Add 4-5 garlic cloves and bring to a boil and then lower the heat and cover for about 2 hours. You want a continuous low boil.
5. Check every 30 minutes and stir so the beans do not stick to the bottom
6. After ~ 2 hours, the beans should be very soft. Salt is added to taste. Add 1 tbsp of red chili powder.
7. Pour out most of the water, leave about 1/4 of it in the pan. If satisfied with taste mash with a potato masher. If it looks too watery, dump out more of the liquid or boil to burn of liquid. Mash to desired mashed level and then devour!

**Side Dishes**
Bacon Broccoli Slaw

- 1/3 cup mayo
- 1 Tbsp Worcestershire sauce
- 1 Tbsp Maple Syrup
- 1 teaspoon Mustard
- 1/8 teaspoon garlic
- 12 ounces broccoli slaw
- 4 ounces shredded carrots
- 1/2 cup dried cranberries
- 1/2 cup cashews
- 4 Strips crumbled bacon (or tempeh bacon for vegan)

Instructions:
1. Mix first five ingredients into a smooth sauce.
2. Combine broccoli slaw, shredded carrots, cashews and cranberries.
3. Mix sauce into veggie mixture, garnish with bacon crumbles and serve!

RECIPE TIPS:
I used Vegan Grapeseed Mayo but any mayo will do, if no egg sensitivity/allergy Avocado Mayo is a great option. Worcestershire sauce - double check to make sure you get a GF version if needed!

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Instructions:
1. Clean and wash potatoes. Place in large pan and cover with cold water. Set covered over high heat until boiling. Once boiling remove the lid and let boil for 10-15 minutes until fork tender.
2. Once cooked, let cool and then cut into 1 inch squares.
3. Chop celery, red onion, parsley, carrot, and broccoli florets into diced pieces. (I used a food processor.)
4. Combine mayo, laughing cow wedges, Worcestershire sauce, relish, sugar and turmeric in a small bowl. Cream in blender or by hand until there are only the relish chunks (laughing cow should not be in chunks.)
5. In large bowl combine potatoes, chopped vegetables and sauce until well mixed. Add ¼ teaspoon salt and mix well, then repeat with the remaining ¼ teaspoon salt. Let chill 2 hours before serving.

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Gluten Free
Walnut Pesto Turkey Burgers

- 2 cups not packed Fresh Basil
- ¼ cup Italian flat leaf parsley
- 2 cloves of Garlic
- 2 cups Walnuts
- ½ cup Parmesan Cheese (use vegan parmesan for dairy free)
- 1lb 99% Lean Turkey Burgers
- 1 Large Egg

Instructions:
1. Combine basil, parsley, garlic, walnuts and cheese in a food processor. Pulse until course and just combined.
2. Hand mix with ground turkey and eggs.
3. Divide mixture into 6-8 burgers and cook until internal temperature reaches 165.
4. Serve immediately!

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Cheddar & Jalapeno Stuffed Salsa Verde Burgers

- 1 pound 93% lean ground beef
- 2-3 chopped jalapeños*
- ½ cup shredded sharp cheddar cheese
- 1/3 cup oat flour (gluten free) or whole wheat bread crumbs
- 1 egg
- 1/3 cup HERDEZ® Salsa Verde

Instructions:

1. Combine all ingredients in a large bowl and mix with hands until combined.
2. Shape 5 hamburger patties.
3. Grill until internal temperature reaches 145F and desired level of doneness (well, medium well, rare etc.)
4. Serve with whole grain buns or over salad.

RECIPE TIPS:
*If you spicier burgers leave the seeds and veins, if not, then deseed and devein the jalapeños.
Cheddar & Jalapeno Stuffed Turkey Burgers

1.25 lb 99% lean ground turkey
- 1 cup shredded cheddar cheese
- 1/2 yellow onion, chopped
- 1 jalapeño, chopped and deveined
- 1 green onion
- 1T minced garlic
- 1T taco seasoning

Instructions:
1. Combine all ingredients in a bowl and mix well.
2. Shape into six (Notice half of them have more jalapeño than the others? That isn’t an accident, I love jalapeños but the hubby has a serious threshold where spicy become unenjoyable. So, I added half the jalapeño to the whole mix, made 2 turkey burgers. Then I added the other half the the mix and made two more turkey burgers. They looked kind of big so I took a little from each one to make the fifth burger.)
3. Place large nonstick pan over medium heat (no need to spray it with cooking oil.)
4. Cook burgers until they are cooked throughout and reach 165F, about 8-10 minutes on each side.
5. Serve as a burger with whatever veggies you like (avocado, onions, tomatoes etc.) or over salad.

Recipe Tips:
*If you spicier burgers leave the seeds and veins, if not, then deseed and devein the jalapeños.

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For the pork:
• 1 (2lb) boneless pork butt or shoulder
• 3 cloves garlic
• 1 apple sliced thinly
• 1 cup vegetable broth
• fine sea salt

For the salad (ingredients listed for one salad):
• 2 cups greens (I used romaine hearts)
• 1-2T dried cranberries
• 1/4 cup shredded carrots (be kind to yourself and buy the pre shredded stuff)
• 1/4 sliced apple (I used a mandolin at the #2 setting)
• For the dressing: See Goat Cheese Dressing

Instructions:
1. Pour vegetable broth in slow cooker.
2. Trim pork of excess fat. Then, poke holes and slits throughout the pork and fill with the holes with garlic and the slits with apples. Sprinkle the top with fine sea salt. Cover and cook on low for 6-8 hours or high for 4-6 hours.
3. Make the Goat Cheese Dressing
4. Once the pork is done remove from slow cooker using a slotted spoon.
5. Assemble salad(s) with lettuce, cranberries, carrots, and sliced apples (ingredients listed are for ONE salad, add as much meat as you would like). Top with your favorite dressing or Goat Cheese Dressing

**RECIPE TIPS:**
Multiple ingredients for salad by number of people you have. Pork will serve 6-8 people or servings!
Antipasto Salad

- salad greens (5 cups)
- 2-4 ounces uncured turkey or regular pepperoni
- 1-2 ounces sundried tomatoes
- 1 cup black olives
- 1-2 ounces uncured pancetta or bacon
- 1 cup artichoke quarters (I used canned)

**Instructions:**

1. Cook pancetta or bacon.
2. Arrange desired toppings on top of salad greens.
3. Use sun-dried tomato oil as dressing.

**RECIPE TIPS:**
*The best for picky eaters who hate salad!*

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Wedge Salad

Salads:
• 3 Romaine Hearts
• 5-6 Roma Tomatoes, seeded and diced
• 6 slices bacon, chopped
• chopped fresh chives to garnish

Dressing:
• 10 ounces whole plain Greek yogurt (I used two 5.3 ounce containers of Maple Hill 100% Grass-fed)
• 1.5-ounce feta
• 1 tablespoon dried parsley
• 1/2 tablespoon onion flakes
• 1 teaspoon dried chives
• 1/2 teaspoon dried dill
• 1/2 teaspoon garlic powder
• 1/4 teaspoon salt
• 1/8 teaspoon black pepper

Instructions:
1. Combine all dressing ingredients in the blender and blend for 5-10 seconds on high. Pour into an airtight container like a mason jar.
2. Cut romaine wedges in half then rinse well. I assumed people (aka me) wouldn’t eat the bottom, so you can see I didn’t cut that off. However, if you are serving to other people you may want to cut the bottom stem off, just make sure you leave enough so that it stays together. I wouldn’t take off more than 1/8 of an inch.
3. Spoon (aka pour) ranch dressing over the top of the romaine hearts.
4. Top with one whole chopped tomato and 1 piece of chopped bacon.
5. Garnish with chives and dig in!
Thank you!

I hope you’ve enjoyed this e-book! For more recipes be sure to check out the blog at www.hungryhobby.net! If you make anything from the book or from the blog I love to see your creations!

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- Kelli